

November 2006



To register for a class, please call the respective numbers.

Makalapa 473-0247



Kaneohe Bay 257-2131

Questions for Health Promotion: 473-1880 EXT. 282/283

Naval Health Clinic Hawaii Health Promotion presents:

November is Tobacco Prevention & Cessation Month

For additional information and resources visit Health Promotion or call 473-1880 EXT 282.

Mon	Tue	Wed	Thu	Fri
		1 <u>Makalapa</u> Tobacco Cessation 1 1000-1100 or 1630-1730	An estimated 3,000 lung cancer deaths and more than 35,000 coronary heart disease deaths occur annually among adult nonsmokers in the United States as a result of exposure to secondhand smoke.	
6	7 <u>Makalapa</u> Nutrition / Weight Mgt 1000-1100 <u>K-Bay</u> Tobacco Cessation 1 1400-1500	8 <u>Makalapa</u> Tobacco Cessation 2 1000-1100 or 1630-1730 <u>K-Bay</u> Healthy Heart 0900-1000	9	10 <u>K-Bay</u> Self-Care 0900-1000
<p><u>Before you quit, START by taking these five important steps:</u></p> <p>S = Set a quit date. T = Tell family, friends, and co-workers that you plan to quit A = Anticipate and plan for the challenges you'll face while quitting. R = Remove cigarettes and other tobacco products from your home, car, and work. T = Talk to your doctor about getting help to quit.</p>	14 <u>K-Bay</u> Tobacco Cessation 2 1400-1500	15 <u>Makalapa</u> Tobacco Cessation 3 1000-1100 or 1630-1730	16 <u>Makalapa</u> Healthy Heart 1000-1100 GREAT AMERICAN SMOKE-OUT!!!	
	21 <u>K-Bay</u> Nutrition / Weight Mgt 0900-1000 <u>Makalapa</u> Nutrition / Weight Mgt 1300-1400 <u>K-Bay</u> Tobacco Cessation 3 1400-1500	22 <u>Makalapa</u> Tobacco Cessation 4 1000-1100 or 1630-1730	23	24 <u>K-Bay</u> Self-Care 0900-1000
	27	28 <u>K-Bay</u> Tobacco Cessation 4 1400-1500	29	<p>Need More Help???</p> <p>Centers for Disease Control & Prevention 1-800-CDC-1311 www.cdc.gov/tobacco Cancer Information Service 1-800-4-CANCER American Lung Association www.lungusa.org American Cancer Society www.cancer.org Quit Smoking Now www.smokfree.gov I Want to Quit! www.trytostop.org</p>